

**There is NO proof that the following treatments work:**

- Vinegar
- Compounds that say they dissolve the glue on the nits
- Mayonnaise
- Olive oil
- Tea tree oil
- Lotions that "suffocate" lice

**Here are a few other things you can do to get rid of the lice or nits in your home:**

- Wash bedding and clothing (used within the last two days) in hot water (130 F) then dry on a hot cycle for at least 20 minutes
- Dry clean items that are not washable. Sealing items in a plastic bag for two weeks will kill lice by stopping them from getting a blood meal
- Boil combs, brushes, hair bands, and barrettes for five minutes, or soak them in rubbing alcohol for one hour.
- Vacuum carpets and furniture

Information taken from 2005 pamphlet by California Department of Health Services, Division of Communicable Disease Control.

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# A Parent's Guide to Head Lice

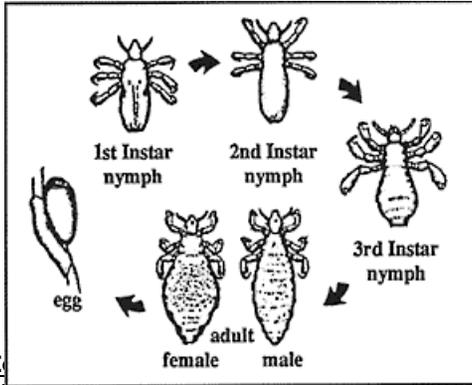


Easy steps to  
control head lice

If you have questions, contact your local health department or clinic.

### What are head lice?

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, or "nits", to hair. Lice die quickly (usually within a day) without feeding so they cannot live very long away from your child's head.



**H** Children can give head lice to other children when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items. Head lice are a problem in homes, day care centers, elementary, and preschools. Kids are much more likely to get lice from family members and playmates than from classmates at school.

### How do I know if my child has lice?

If someone has head lice, their scalp will usually be very itchy. The only way to know if your child has lice is to look through their hair.

Don't confuse dirt or dandruff with nits. Nits stick on the hair.

### How can I get rid of my child's lice?

If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a **nit comb** for two weeks.

Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.

The best way to remove nits is to part the hair into small sections. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. It is easier to comb wet hair.

Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where the nits are attached.

Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears.

### Treatment

Permethrin or pyrethrin products are the active ingredients in most over-the-counter head lice treatments.

### Very Important!

- Follow the label directions carefully
- Do not leave the product on longer than

recommended. It will not kill the lice faster

- Treat only the people who have head lice
- Each person with head lice needs a complete treatment. Do not split a single box of shampoo or rinse between people!
- Wait at least seven to ten days before treating someone for a second time if they still have lice
- Even after treatment, you should remove nits daily with a metal comb until all nits are completely removed.

### What if the treatment did not work?

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed closely enough
- The nits were not completely removed.
- The child got head lice again from a brother, sister, or playmate.
- Lice may not die right away
- The problem was not lice
- If permethrin or pyrethrin products do not work, you should ask your doctor about a prescription.